

Fact Sheet

Who is Give an Hour™?

- Give an Hour is a nonprofit 501(c)(3) that develops national networks of volunteers who are capable and committed to responding to the mental health needs of individuals in our society. Currently, Give an Hour is dedicated to meeting the mental health needs of military service members and their loved ones affected by the ongoing conflicts in Iraq and Afghanistan.
- Give an Hour's network of volunteers includes nearly 7,000 licensed mental health professionals across the nation — in all 50 states, D.C., Puerto Rico, and Guam. To date, they have donated approximately 94,000 hours of free counseling, valued at roughly \$9.4 million.
- Dr. Barbara Van Dahlen, a licensed clinical psychologist and the current president of the organization, founded Give an Hour in 2005. In 2012, Dr. Van Dahlen received international recognition for her work with Give an Hour as one of *TIME Magazine's* 100 Most Influential People in the World.

What does Give an Hour do?

- Give an Hour provides free mental health services to military personnel, their loved ones, and hometown communities affected by conflicts abroad. To do this, the organization mobilizes a national network of mental health professionals who pledge to “give an hour” of their time each week to support these individuals.
- Through its network of volunteer professionals, Give an Hour's current focus is on supplementing the mental health services provided by the Department of Defense and the Department of Veterans Affairs. Give an Hour's services expand beyond those groups who are typically eligible to receive mental health benefits, including parents, siblings, and unmarried partners who are often impacted by wartime service.
- In addition to direct counseling, Give an Hour's network of volunteer professionals are working to reduce the stigma associated with mental health treatment by participating in and leading education, training, and outreach efforts in schools, communities, and military bases.

Why does Give an Hour do it?

- Over 2.6 million troops have been deployed to Iraq, Afghanistan, and the Persian Gulf since September 11, 2001. In addition to the physical injuries sustained by veterans of Iraq and Afghanistan, countless servicemen and servicewomen are experiencing mental health conditions directly related to their deployment.
- Our military leaders are attempting to address the mental health needs of service members through a variety of programs, but the capacity of government and military health resources is overwhelmed by the large and growing mental health needs of service members.
- Because of the stigma associated with mental health issues, and for fear of jeopardizing their career, returning combat veterans who suffer from depression, anxiety, and post-traumatic stress often avoid mental health treatment services offered by the military. By providing separate services, Give an Hour offers an essential option for men and women who might otherwise fail to seek appropriate mental health care.

Find out more:

- If you or a loved one would like to get help, visit www.giveanhour.org and type in your zip code to find a provider in your area, or contact info@giveanhour.org. If you are a licensed mental health professional interested in joining Give an Hour's network of volunteers, click “For Providers” on our website to get started.
- There are numerous opportunities to volunteer in other areas, such as outreach, education and administration. Please contact info@giveanhour.org or visit www.connected.giveanhour.org to learn more about volunteer opportunities near you.
- If are a member of the media interested in talking more with Give an Hour, please contact Lauren Itzkowitz, litzkowitz@giveanhour.org.

Give an Hour Goals:

- Educate general public
- Develop volunteer network of 50,000 mental health professionals
- Enable easy and widespread access to volunteer network
- Diminish stigma associated with mental health

Give an Hour's Philosophy:

- Most people value opportunity to respond to worthy cause
- People more likely to donate time if it can be done easily
- Act of giving has powerful and positive effect on those who give and those who receive
- Providing people in need with opportunity to give back promotes dignity and self-respect
- We can harness the knowledge of mental health professionals to educate the larger community about mental health issues our veterans face
- Everyone is affected by experience of war; those who have served—and their loved ones—need help dealing with aftereffects of their service

Give an Hour's Mission:

To provide free mental health services to military personnel and their loved ones

- Individuals
- Couples and Families
- Children and Adolescents

Volunteer providers include various mental health professionals

- Commit one hour per week for one year
- Receive up-to-date training
- Collaborate with governmental agencies, private and non profits

Impact and Reach:

- Providing care for military members and family members at equal rate
- Among the more than 40 active partnerships Give an Hour has established in the last seven years are those with American Psychiatric Foundation/American Psychiatric Association, Student Veterans of America, Tragedy Assistance Program for Survivors (TAPS) and Team Rubicon
- We are partnered with all major mental health associations: American Association for Marriage and Family Therapy, American Association of Pastoral Counselors, American Mental Health Counselors Association, American Psychiatric Association/American Psychiatric Foundation, American Psychiatric Nurses Association, American Psychological Association, Anxiety Disorders Association of America, Mental Health America, National Association of Social Workers
- We are recognized by key agencies such as DoD, VA, DCoE

Give an Hour Partnerships

Got Your 6

Got Your 6 is a campaign that unites the entertainment industry with top-tier nonprofit organizations that focus on veterans and military families. The goal of the campaign is to bridge the civilian-military divide. Combining the reach and resources of the top American entertainment studios, networks, talent agencies, and guilds with the expertise and commitment of more than 30 nonprofits, *Got Your 6* speaks to all Americans and demonstrates measurable impact.

Give an Hour is serving as the lead “activation partner” for the health pillar of the entertainment industry’s *Got Your 6* campaign and unveiling an initiative to raise awareness about the unique issues of veterans and military families.

In coordination with *Got Your 6*, Give an Hour has made a commitment to the Clinton Global Initiative (www.clintonglobalinitiative.org) to work with its partners to educate 100,000 students in mental health disciplines on the unique issues of veterans and military families by June of 2014.

The Community Blueprint

The Community Blueprint Network is led by the Points of Light Institute and is guided by an Advisory Council made up of national experts. These individuals serve as volunteer council members and meet bi-monthly to provide guidance on the overall strategy as well as the development of tools and resources that are being deployed and implemented across communities. The Community Blueprint Network provides community leaders with specific guidance regarding precise areas of focus: employment, education, behavioral health, housing stability and homelessness assistance, financial management/legal assistance, family strength, integration, and volunteerism.

Within each area of focus, several concrete suggestions for action are provided. The expectation is that each community will implement the Blueprint in its own unique way. By crafting a “blueprint” designed to guide leaders in these efforts, we are laying the foundation for the development of a comprehensive integrated system of care that emphasizes coordination and collaboration. The Blueprint tool and approach continues to be shaped and developed by an even larger coalition of military and civilian organizations. To learn more, visit: <http://www.handsonnetwork.org/community-blueprint>

In 2011, the Bristol-Myers Squibb Foundation awarded Give an Hour a \$2 million grant to fund the implementation of the Community Blueprint in two demonstration sites: Norfolk, Va., and Fayetteville, N.C.

Wounded Warrior Project

Wounded Warrior Project™ (WWP) and Give an Hour are partnering to enhance the continuity and quality of care we provide military veterans and family members. Wounded Warrior Project conducts Project Odyssey™ and Family Support Retreats last between one and five days. Using an adventure learning program method, these retreats help Wounded Warriors and family members reach the following goals:

- Recognize combat and operational stress and PTSD as invisible wounds of war
- Find ways to connect with their peers and community
- Learn about mental health resources in their area and how to get access to a therapist
- Start behavioral health treatment Begin their journey to recovery

GAH providers participate in this exciting collaborative venture in two ways:

- Volunteer to attend a Project Odyssey or Family Support Retreat to participate in the adventure activities, provide psycho-education in individual and/or group formats, facilitate group discussions, and conduct one-on-one consultations as needed with retreat attendees. WWP will cover your transportation and lodging expenses. GAH will provide an honorarium for providers.
- Volunteer to accept pro bono clients directly from the WWP retreats to enhance the continuity of care and maintain the warriors’ momentum as they journey beyond combat stress.